



2012 Youth Swim Lessons at Ortega Park & Los Baños Pools

Level 1: Introduction to Water Skills Ages 4-7

Helps students to feel comfortable in the water and enjoy water safety.

Level 2: Fundamental Aquatic Skills Ages 4-7

Prerequisites: 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim".) 2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Our American Red Cross-based swim programs for children 6 months to 12 years incorporate the development of basic swim techniques, vital water safety skills and, most importantly, how to have fun in an aquatic environment.

Pool locations: Ortega Park Pool, 600 N. Salsipuedes Street. Los Baños Pool 401 Shoreline Drive.

Fees: \$61/\$55 with Resident Discount. \$55/\$50 for sessions starting on 5/8 or 6/25 due to Memorial Day and July 4 holidays

To register: Online at www.sbparksandrecreation.com or call 966-6110.

Information: 966-6110

Tiny Tots: 6 mos-3 years

Parent and child aquatics build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

ORTEGA PARK POOL

Code	Dates	Hours
16269	6/11-6/22	5:30-6:00pm
16270	6/25-7/6	5:30-6:00pm
16271	7/9-7/20	5:30-6:00pm
16272	7/23-8/3	5:30-6:00pm
16273	8/6-8/17	5:30-6:00pm

ORTEGA PARK POOL

Level 1 Pre-Season

Code	Dates	Hours
16260	5/29-6/8	4:00-4:30pm
16261	5/29-6/8	4:40-5:10pm
16262	5/29-6/8	5:20-5:50pm

Level 1 Summer

16274	6/11-6/22	10:00-10:30am
16275	6/11-6/22	10:35-11:05am
16276	6/11-6/22	3:10-3:40pm
16277	6/11-6/22	3:45-4:15pm
16278	6/11-6/22	4:20-4:50pm
16279	6/11-6/22	4:55-5:25pm
16280	6/25-7/6	10:00-10:30am
16281	6/25-7/6	10:35-11:05am
16282	6/25-7/6	3:10-3:40pm
16283	6/25-7/6	3:45-4:15pm
16284	6/25-7/6	4:20-4:50pm
16285	6/25-7/6	4:55-5:25pm
16286	7/9-7/20	10:00-10:30am
16287	7/9-7/20	10:35-11:05am
16288	7/9-7/20	3:10-3:40pm
16289	7/9-7/20	3:45-4:15pm
16290	7/9-7/20	4:20-4:50pm
16291	7/9-7/20	4:55-5:25pm
16292	7/23-8/3	10:00-10:30am
16293	7/23-8/3	10:35-11:05am
16294	7/23-8/3	3:10-3:40pm
16295	7/23-8/3	3:45-4:15pm
16296	7/23-8/3	4:20-4:50pm
16297	7/23-8/3	4:55-5:25pm
16298	8/6-8/17	10:00-10:30am
16299	8/6-8/17	10:35-11:05am
16300	8/6-8/17	3:10-3:40pm
16301	8/6-8/17	3:45-4:15pm
16302	8/6-8/17	4:20-4:50pm
16303	8/6-8/17	4:55-5:25pm

ORTEGA PARK POOL

Level 2 Pre-Season

Code	Dates	Hours
16263	5/29-6/8	4:00-4:30pm
16264	5/29-6/8	4:40-5:10pm
16265	5/29-6/8	5:20-5:50pm

Level 2 Summer

16304	6/11-6/22	10:00-10:30am
16305	6/11-6/22	10:35-11:05am
16306	6/11-6/22	3:10-3:40pm
16307	6/11-6/22	3:45-4:15pm
16308	6/11-6/22	4:20-4:50pm
16309	6/11-6/22	4:55-5:25pm
16310	6/25-7/6	10:00-10:30am
16311	6/25-7/6	10:35-11:05am
16312	6/25-7/6	3:10-3:40pm
16313	6/25-7/6	3:45-4:15pm
16314	6/25-7/6	4:20-4:50pm
16315	6/25-7/6	4:55-5:25pm
16316	7/9-7/20	10:00-10:30am
16317	7/9-7/20	10:35-11:05am
16318	7/9-7/20	3:10-3:40pm
16319	7/9-7/20	3:45-4:15pm
16320	7/9-7/20	4:20-4:50pm
16321	7/9-7/20	4:55-5:25pm
16322	7/23-8/3	10:00-10:30am
16323	7/23-8/3	10:35-11:05am
16324	7/23-8/3	3:10-3:40pm
16325	7/23-8/3	3:45-4:15pm
16326	7/23-8/3	4:20-4:50pm
16327	7/23-8/3	4:55-5:25pm
16328	8/6-8/17	10:00-10:30am
16329	8/6-8/17	10:35-11:05am
16330	8/6-8/17	3:10-3:40pm
16331	8/6-8/17	3:45-4:15pm
16332	8/6-8/17	4:20-4:50pm
16333	8/6-8/17	4:55-5:25pm



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Level 3:Stroke Development Ages 4-7

Prerequisites: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

ORTEGA PARK POOL Level 3 Pre-Season

Code	Dates	Hours
16266	5/29-6/8	4:00-4:30pm
16267	5/29-6/8	4:40-5:10pm
16268	5/29-6/8	5:20-5:50pm

Level 3 Summer

16335	6/11-6/22	10:00-10:30am
16336	6/11-6/22	10:35-11:05am
16337	6/11-6/22	3:10-3:40pm
16338	6/11-6/22	3:45-4:15pm
16339	6/11-6/22	4:20-4:50pm
16340	6/11-6/22	4:55-5:25pm
16341	6/25-7/6	10:00-10:30am
16342	6/25-7/6	10:35-11:05am
16343	6/25-7/6	3:10-3:40pm
16344	6/25-7/6	3:45-4:15pm
16345	6/25-7/6	4:20-4:50pm
16346	6/25-7/6	4:55-5:25pm
16347	7/9-7/20	10:00-10:30am
16348	7/9-7/20	10:35-11:05am
16349	7/9-7/20	3:10-3:40pm
16350	7/9-7/20	3:45-4:15pm
16351	7/9-7/20	4:20-4:50pm
16352	7/9-7/20	4:55-5:25pm
16353	7/23-8/3	10:00-10:30am
16354	7/23-8/3	10:35-11:05am
16355	7/23-8/3	3:10-3:40pm
16356	7/23-8/3	3:45-4:15pm
16357	7/23-8/3	4:20-4:50pm
16358	7/23-8/3	4:55-5:25pm
16359	8/6-8/17	10:00-10:30am
16360	8/6-8/17	10:35-11:05am
16361	8/6-8/17	3:10-3:40pm
16362	8/6-8/17	3:45-4:15pm
16363	8/6-8/17	4:20-4:50pm
16364	8/6-8/17	4:55-5:25pm

Level 4 Stroke Development Ages 6-12

Prerequisites: 1. Perform a feet-first surface entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards. 2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

LOS BAÑOS POOL Level 4 Pre-Season

Code	Dates	Hours
16366	6/11-6/22	11:10-11:40am
16367	6/25-7/6	11:10-11:40am
16368	7/9-7/20	11:10-11:40am
16369	7/23-8/3	11:10-11:40am
16370	8/6-8/17	11:10-11:40am



Santa Barbara Swim Club Ages 5-18

Improve technique and develop new friendships and team camaraderie with the opportunity to compete. Call 966-9757 to schedule with coaches or www.sbswim.org



Private Swim Lessons 3 years to adult

One-on-one instruction specifically geared to your particular needs.

Fee: \$110/\$100 with resident discount for four 30 minute lessons

ORTEGA PARK POOL Mondays & Wednesdays Two week sessions

Code	Dates	Hours
16371	6/11-6/20	11:15-11:45am
16372	6/11-6/20	11:55-12:25pm
16373	6/25-7/4	11:15-11:45am
16374	6/25-7/4	11:55-12:25pm
16375	7/9-7/18	11:15-11:45am
16376	7/9-7/18	11:55-12:25pm
16377	7/23-8/1	11:15-11:45am
16378	7/23-8/1	11:55-12:25pm
16379	8/6-8/15	11:15-11:45am
16380	8/6-8/15	11:55-12:25pm

Tuesdays & Thursdays Two week sessions

Code	Dates	Hours
16381	6/12-6/21	11:15-11:45am
16382	6/12-6/21	11:55-12:25pm
16383	6/26-7/5	11:15-11:45am
16384	6/26-7/5	11:55-12:25pm
16385	7/10-7/19	11:15-11:45am
16386	7/10-7/19	11:55-12:25pm
16387	7/24-8/2	11:15-11:45am
16388	7/24-8/2	11:55-12:25pm
16389	8/7-8/16	11:15-11:45am
16390	8/7-8/16	11:55-12:25pm

